Breakfast Bread

Vegetarian

READY IN	SERVINGS	CALORIES
170 min.	12	374 kcal

MORNING MEAL | BRUNCH | BREAKFAST

Ingredients

- [ ] 0.5 ounce active yeast dry
- [ ] 1 eggs beaten
- [ ] 7 cups flour all-purpose
- [ ] 2 cups milk
- [ ] 1 teaspoon salt
- [ ] 0.5 cup butter unsalted
- [ ] 0.7 cup warm water (110 degrees F/45 degrees C)
- [ ] 2 tablespoons sugar white

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] oven
- [ ] loaf pan

Directions

- [ ] Heat the milk in a small saucepan until it bubbles, then remove from heat.
- [ ] Add the butter, salt and sugar and stir until melted; let cool until lukewarm. In a small bowl, dissolve yeast in warm water.
- [ ] Let stand until creamy, about 10 minutes.
- [ ] In a large bowl, combine milk mixture with the yeast mixture.
- [ ] Mix in the egg and 3 cups of flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.
- [ ] Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves.
- [ ] Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until dough reaches the pan tops, about 30 minutes. Meanwhile, preheat oven to 350 degrees F (175 degrees C).
- [ ] Bake in preheated oven for 45 to 50 minutes, or until bottom of the loaves sound hollow when tapped.
- [ ] Place on wire racks to cool.

Nutrition Facts

PROTEIN **10.66%** FAT **24.58%** CARBS **64.76%**

Properties

Glycemic Index:15.26, Glycemic Load:42.37, Inflammation Score:-6, Nutrition Score:13.26782611142%

Nutrients (% of daily need)

Calories: 374.42kcal (18.72%), Fat: 10.13g (15.59%), Saturated Fat: 5.85g (36.59%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 57.77g (21.01%), Sugar: 4.17g (4.63%), Cholesterol: 38.86mg (12.95%), Sodium: 218.23mg (9.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.77%), Vitamin B1: 0.73mg (48.47%), Folate: 163.09µg (40.77%), Selenium: 26.82µg (38.31%), Vitamin B2: 0.48mg (28.47%), Manganese: 0.5mg (25.23%), Vitamin B3: 4.83mg (24.15%), Iron: 3.48mg (19.32%), Phosphorus: 136.88mg (13.69%), Fiber: 2.29g (9.15%), Vitamin B5: 0.7mg (6.97%), Calcium: 66.17mg (6.62%), Vitamin A: 322.04IU (6.44%), Copper: 0.12mg (5.86%), Magnesium: 22.33mg (5.58%), Zinc: 0.83mg (5.53%), Potassium: 157.71mg (4.51%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.66µg (4.42%), Vitamin B6: 0.08mg (4.06%), Vitamin E: 0.32mg (2.15%)